

FEEDING THE RESIDENT (ASSISTED OR DEPENDENT EATING)

PURPOSE:

1. To assist the resident with feeding as necessary/as determined through assessment and outlined in plan of care.
2. To provide adequate nutrition and fluids
3. To provide a pleasant and enjoyable experience, provide for a dignified dining experience.

EQUIPMENT:

1. Diet as ordered.
2. Assistive devices as needed.

PROCEDURE:

1. Wash hands, apply appropriate PPE.
2. Make sure incontinent residents are clean and dry before meals. Assist resident to the bathroom if needed. Allow resident to perform hand hygiene, assist as needed.
3. Assure that dentures are clean and inserted if used.
4. Make sure resident is appropriately dressed and groomed if resident is eating in a community/common area or dining room. Facility allows resident choice for dining location.
5. Assist resident to proper sitting position unless contraindicated.
6. Provide a covering (clothing protector or napkin) to protect resident's clothing or gown.
7. Take tray to resident. (Check the tray ticket to identify the resident and that the tray contents match the ticket).
8. Place tray directly in front of resident.
9. If the resident cannot see the tray, tell him/her the position of each item on the tray. (Use number on face of clock to explain where items are located).
10. Encourage residents to do as much for themselves as they can. Assist with opening prepackaged items, cut meat, and pour liquids as needed.
11. Do not discuss unpleasant subjects while the resident is eating. Never make the resident feel that the meal is hurried, but that the procedure is pleasant. Sit so you are at the same level as the resident. Give the resident your attention when feeding him or her. Provide encouragement for intake.
12. If assisting the resident, divide food into small portions and give resident a small amount at a time. Do not force the resident to eat. Select foods according to resident's appetite and preference.
13. Give liquids slowly. Be sure liquid is not too hot. Check temperature by feeling the container.
14. Hold the glass in one hand and the straw in the other when serving liquids with a straw.
15. Alternate solid food and liquid. Offer fluids every 3-4 bites. Provide verbal prompts to chew/swallow as needed.
16. Wipe the resident's face and hands after the meal or as needed.
17. Provide oral care if needed.
18. Remove the tray.

19. Record intake.

NOTE: Wash hands following infection control guidelines while assisting resident to prepare for the meal and before serving food and after completion of the meal.

If resident ordered assistive feeding devices, ensure they are on the tray (eg: plate guard, built-up utensils, spouted or slotted cups).